

# FIT3D

**THE NEW  
STANDARD  
FOR BODY  
ASSESSMENTS**

*THE MOST POPULAR 3D BODY  
SCANNER IN THE WORLD.*



**Wellington Body Scans  
and Health Testing  
with **Fit3d** &  
**Health & Fitness  
Testing NZ****



# What does a Fit3d Body Scan Measure?

One Fit3d Scan takes over 1200 private photos with 3 infrared cameras, generating hundreds of measurements. Here are some of the key metrics provided:

Body Fat %

Lean Mass

Arm and Leg Volume

Fat Mass

Arm & Leg length

Full Posture Analysis - front/side/back

Multiple Circumferences  
(waist, hips, thigh, arm etc)

Weight Distribution - 4 scales!

Resting Metabolic Rate  
Perfect for checking your fitness level!

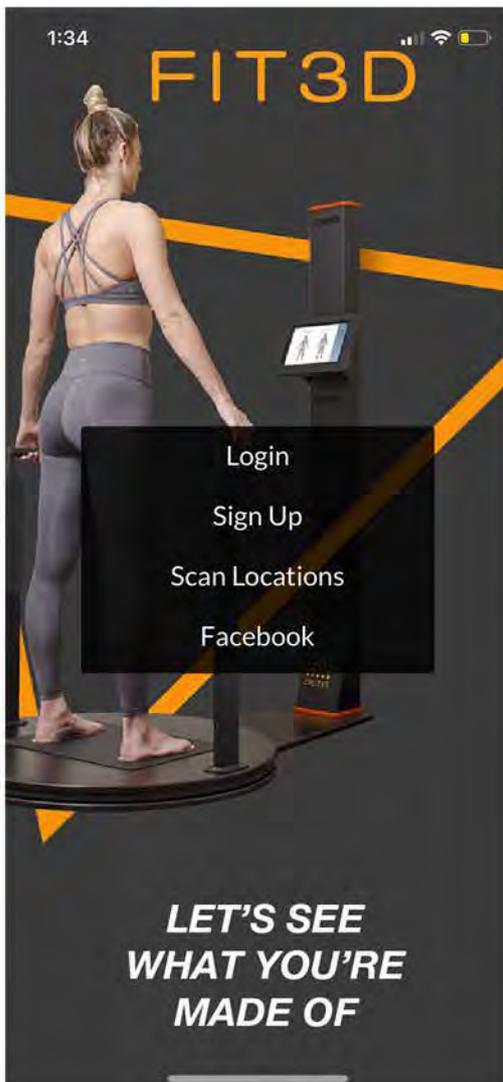
Body Shape Rating (health rating 0-100)

Torso Volume  
Perfect for tracking where the scary fat is!

Private online 3d images

Waist to Hip Ratio

**24/7 Private online access to all main results**



Access Results via your phone, tablet, or computer

Use the Fit3d App on your phone  
OR  
Access results anytime via the cloud  
by visiting [www.fit3d.com](http://www.fit3d.com)

All results stored using the highest level  
of online security

**FIT3D**

# Fit3d Visual Resources

\*Examples below are from everyday New Zealanders that have given their permission to share their fantastic Fit3d results

Name	Baseline (Inches)	Current (Inches)	Diff (Inches)
Waist	40.8	35.2	-5.6
Hips	43.9	41.3	-2.6

Side

Front

OVERLAY COMPARISON

Side

Front

Side

Front

**Fit3d visual resources provide motivation that numbers alone cannot**  
*Lucy, ripped F45er :)*

Name	Baseline	Current	Diff
Body Fat Percent %	32.19	23.26	-8.9
Weight (kg)	102.2	75.6	-26.6
Fat Mass (kg)	32.9	17.6	-15.3
Lean Mass (kg)	69.3	58	-11.3



# Help visualise your goals

Fit3d's online visual resources enable each client to connect and understand their results

## Body Shape

## Body Composition

## Fitness Level

BODY SHAPE RATING

55

WAIST CIRCUMFERENCE

33 cm

WAIST TO HIP RATIO

0.79

TRUNK TO LEG VOLUME RATIO

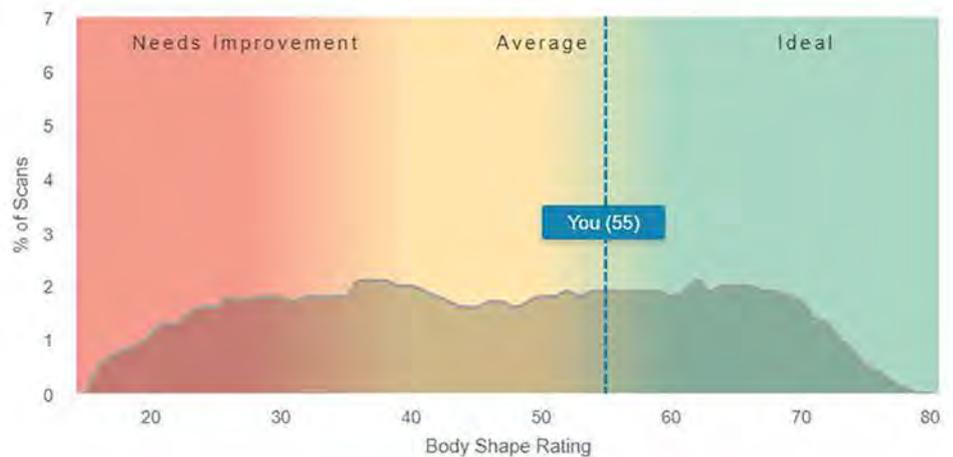
1.2

### What is it?

Body Shape Rating (BSR) is a wellness score based on the relationship of your body shape to cardiovascular related risk factors. It answers the question, Is my body shape making it more likely for me potentially develop certain cardiovascular related health issues? BSR is on a 0-100 range where 50 is average and the higher the score the lower the risk. [Read More](#).

### How do I compare?

The chart below shows how you compare against recommended healthy ranges as well as how you compare to other Fit3D users with your same gender and similar age.



Compare yourself to world-wide data - Fit3d has the largest 3d scan database in the world!

## Body Shape

## Body Composition

## Fitness Level

BODY FAT PERCENT

26.76%

WEIGHT

115 kg

FAT MASS

30.8 kg

LEAN MASS

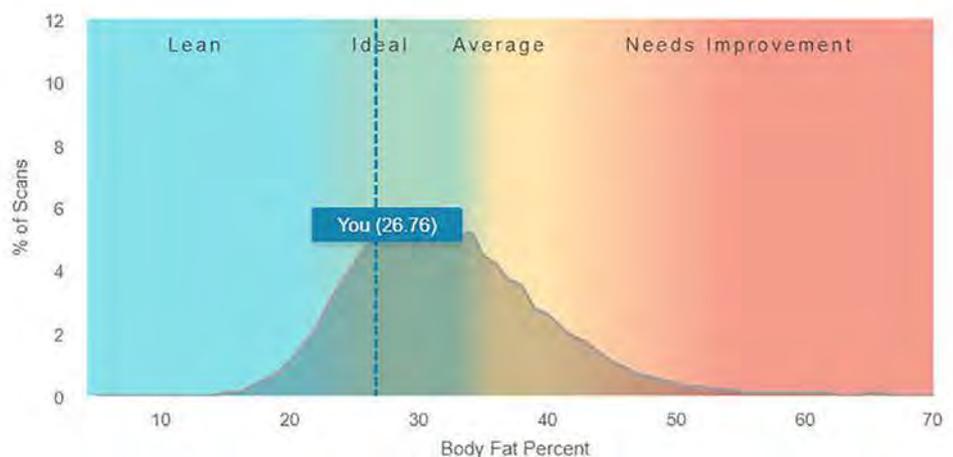
84.2 kg

### What is it?

Body fat percentage is the user's total fat mass divided by the total body mass. Fat is an essential component of the body, however, too much body fat can negatively affect overall health. [Read More](#).

### How do I compare?

The chart below shows how you compare against recommended healthy ranges as well as how you compare to other Fit3D users with your same gender and similar age.

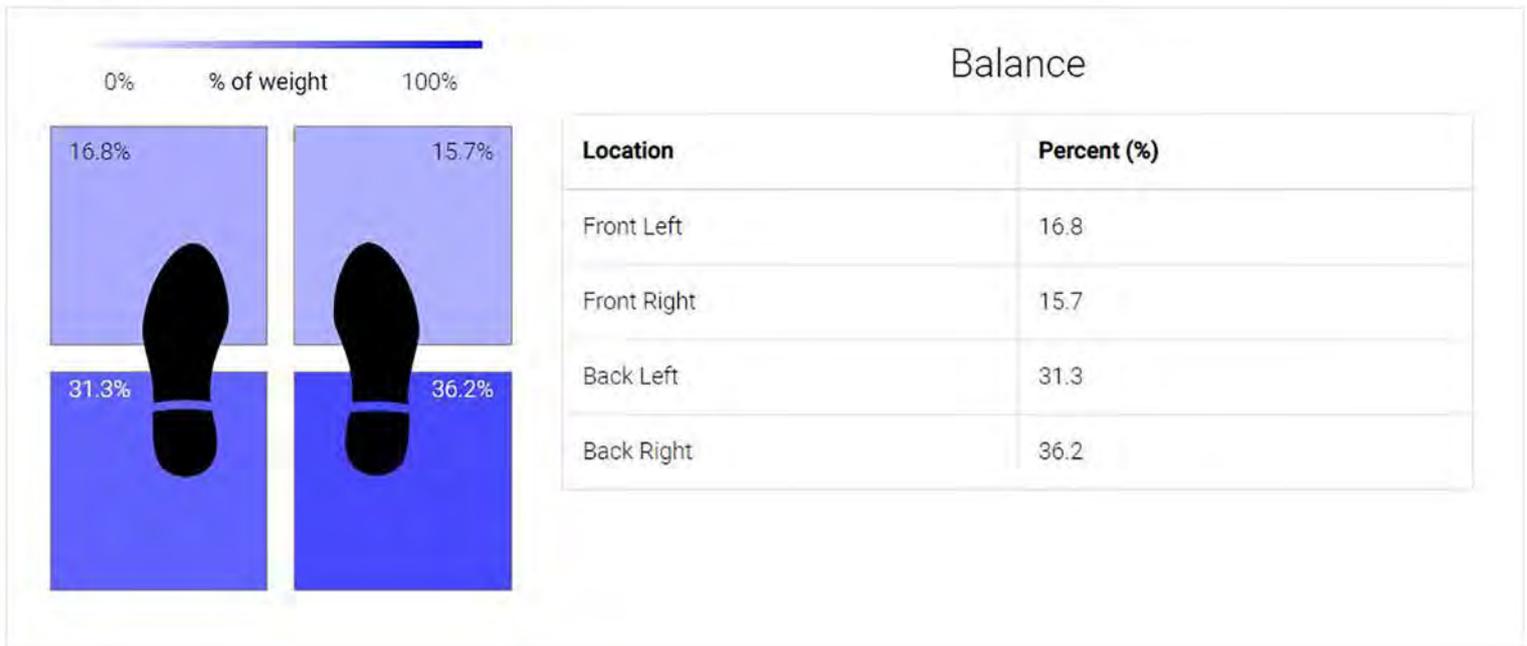


# Fit3d 4-point Weight Scales

Prevent Pain at work from prolonged standing

Learn more about your weight distribution for weight lifting

## Balance



Find out exactly how you stand

Left v Right Standing Pressure

Front v Back Standing Pressure

4-Point % Distribution Provided

**“Multiple Fit3d Body Scans have provided me with valuable data and images to make more informed training decisions over the last 2 years”**

*Simon, Happy F45er*

# Prevent Pain and Injury

## Fit3d Posture Feature

Prevent injury and pain

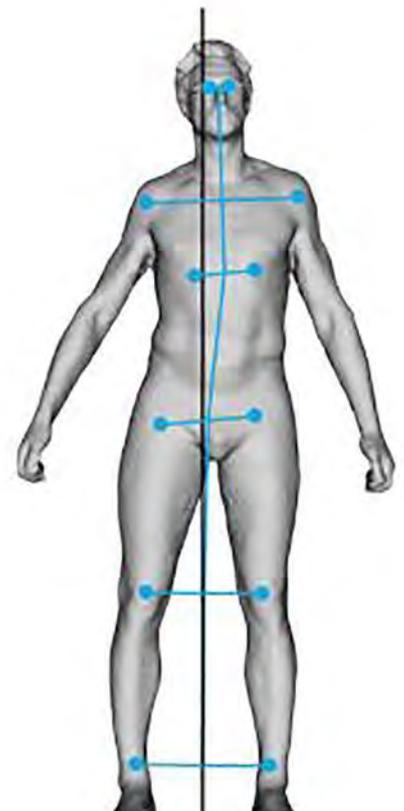
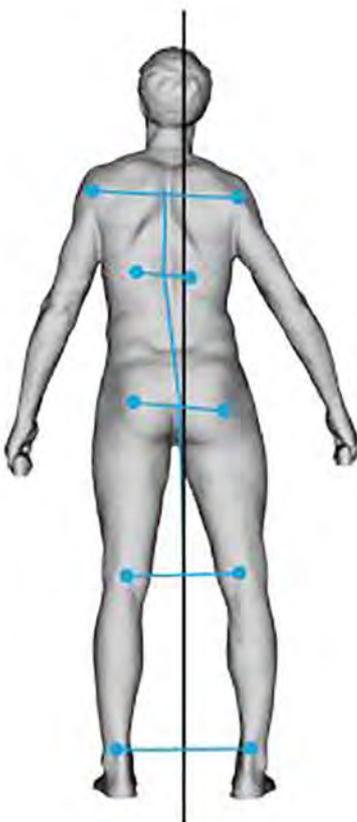
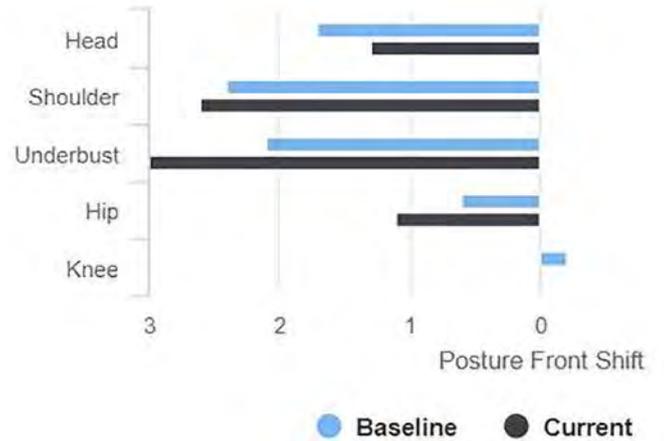
Learn more about how balanced (or imbalanced) you are

Front/back/side analysis

Images and numbers

**FREE Posture and Pain prevention video after your 1st Fit3d Body Scan**

Name	Baseline (°)	Current (°)	Diff (°)
Head	4.6 R	9.3 R	4.7 R
Shoulder	0.83 R	3.72 R	2.9 R
Underbust	1.57 R	6.48 R	4.9 R
Hip	1.5 R	2.85 R	1.4 R
Knee	0	0.61 R	0.6 R



# Fit3d Accurately track all results

## Fit3d Body Scanners are at least 5 x more accurate than your standard mobile 3d Body Scanner

No printing of reports and losing bits of paper

24/7 private access to all results

Visual features that motivate clients

All Main Results are graphed every time you scan (see sample snippets below)



Name	Baseline	Current	Diff
Body Shape Rating	12	58	46.0
Trunk to Leg Volume Ratio	1.8	1.4	-0.4



Name	Baseline	Current	Diff
Body Fat Percent %	32.19	23.26	-8.9
Weight (kg)	102.2	75.6	-26.6
Fat Mass (kg)	32.9	17.6	-15.3
Lean Mass (kg)	69.3	58	-11.3



Name	Baseline (cm)	Current (cm)	Diff (cm)
Chest	118.6	102	-16.6
Bust	117.1	98.7	-18.4
Waist	112	90.3	-21.7
Hips	110.5	95.5	-15.0

# Fit3d is safe for all

## Fit3d is likely the safest mobile scanner on the NZ market

Unlike other mobile body scanners, Fit3d Pro Scanners are **SAFE** for those who are

- Pregnant
- Have a Pace-maker
- Have artificial limbs
- Have sight impairment

### Here's How Fit3d do it:

- No bio-impedence/electrical currents are used
- 3 accurate infrared cameras included
- Handles provided for accuracy and safety
- Fit3d platform rotates slowly during the 35 sec scan



**Collect meaningful data and decrease your health and safety risk.**

Book online [www.healthandfittestesting.nz](http://www.healthandfittestesting.nz)

# Fit3d -Extended Measurement List

Fit3d offers the most holistic Body Composition Scanner on the mobile market

24/7 Private online access to Results

Images, Numbers, AND Progress Graphs enable you to track meaningful results

Posture Analysis Feature - Imagine how much pain and discomfort you can prevent with better posture?

Private 3d online images

Body Fat %

Fat Mass (kg)

Lean/Muscle Mass (kg)

Weight (kg)

Basal Metabolic Rate

Body Shape Rating

Waist to Hip Ratio

Trunk to Leg Volume Ratio

Total Body Volume (kg)

Torso Volume (kg)

Left Leg Volume (kg)

Right Leg Volume (kg)

Left Arm Volume (kg)

Right Arm Volume (kg)

A Body Shape Index

Surface Body Shape Index

Neck Circumference

Chest Circumference

Bust Circumference

Waist Circumference (arch of back slice)

Waist Circumference (bely button slice)

Waist Circumference (Maximum)

Hip Circumference

Hip Circumference at Max Hips Width

Biceps/Upper Arm Circumference (left v right)

Forearm Circumference (left v right)

Thigh Circumference (left v right)

Circumference at Knee Level (left v right)

Calf Circumference (left v right)

Circumference 2 inches above the knee level (left v right)

Image Overlay Feature

Posture Analysis Image - Front

Posture Analysis front - Head (left v right cm and % tilt)

Posture Analysis front - Shoulders (left v right cm and % tilt)

Posture Analysis front - Underbust (left v right cm and % tilt)

Posture Analysis front - Hips (left v right cm and % tilt)

Posture Analysis front - Knees (left v right cm and % tilt)

Posture Analysis Image - Side

Posture Analysis side - Head

Posture Analysis side- Shoulders

Posture Analysis side- Hips

Posture Analysis side - Knees

Posture Analysis Image - Back

Posture Analysis back - Head (left v right cm and % tilt)

Posture Analysis back Shoulders (left v right cm and % tilt)

Posture Analysis back- Underbust (left v right cm and % tilt)

Posture Analysis back- Hips (left v right cm and % tilt)

Posture Analysis back - Knees (left v right cm and % tilt)

4-point weight scale - left forefoot pressure

4-point weight scale - right forefoot pressure

4-point weight scale - left heel pressure

4-point weight scale - right heel pressure

Arm Length (left v right)

Leg Length Lateral (left v right)

Leg Length Medical (left v right)

Shoulder Width

Left + Arm Width

Centre Back Length

Torso Sagital Length

PAR-Q History



# FIT3D

**Print off a 3d Model of yourself if you dare!**



**FIT3D**  
*Visualize a healthier you.*

[www.healthandfitnessstesting.nz](http://www.healthandfitnessstesting.nz)